Abstract

Title: Influence of the function of the deep stabilization system of the spine on the accuracy and speed of shooting in the field hockey players

Objectives: The main aim of the work was to clarify the effect of exercise aimed at improving the stabilization function of the spine on the accuracy and speed of the shot at field hockey. Another parcial goel was to improve the spinal stabilization function after the interventional program.

Methods: The theoretical part is processed in the form of the research. In the practical part an experimental study is containing a sample of 13 probands aged 18-35, male, was created to obtain the data. In the initial measurement, the accuracy of the shooting and the speed of the shooting was measured using the Stalker Pro II radar. Stabilization function of the spine was tested using a test battery, assembled for the purpose of this work. Probands have performed the intervention program for 4 months, twice a week, under professional supervision. Then there was a control measurement. In conclusion, the initial and final results were compared. For processing the data was used a spreadsheet Microsoft Excel 2010. The results were then processed into tables.

Results: In the final measurement, all probands were able to improve the spinal stabilization function. The obtained data has showed that there was improvement in the accuracy of the shooting but the increase of the shooting speed had not impoved.

Key words: field hockey, core stability, core muscles, accuracy of shooting, speed of shooting